

# SPECIAL POPULATION EVENTS



FALL/WINTER 2014



Altamonte  
Springs  
RECREATION

The City of Altamonte Springs Special Needs Recreation and the Advisory Board for the Disabled, Inc. provide social and recreational activities at a minimal cost to individuals with mental or physical disabilities, ages 13 and up, in Altamonte Springs and surrounding communities.

## Activities Coordinator:

Ranwa Nin El-Khoury  
Phone: (407) 571-8814 | Fax: (407) 571-8809  
rrel-khoury@altamonte.org  
225 Newburyport Ave.  
Altamonte Springs, FL 32701

## Emergency Cell Phone:

If you need to contact us immediately while a program is in session, call (321) 303-5255.

## Activity Locations:

Eastmonte Recreation Center  
830 Magnolia Drive  
Altamonte Springs, FL 32701

Westmonte Recreation Center  
624 Bills Lane  
Altamonte Springs, FL 32714

AMF Altamonte Lanes  
280 Douglas Ave.  
Altamonte Springs, FL 32714

Lake Brantley South Gym  
1010 Sand Lake Road  
Altamonte Springs, FL 32714



THE ADVISORY BOARD FOR THE DISABLED  
"We are committed to our Special People"

## ACTIVITIES

### STOP (Saturday Time Out for Parents) Trips

Trips take place one Saturday a month and are socially, physically and educationally beneficial field trips. Drop off and pick up is at Eastmonte Park. Cost is \$3 per participant. Lunch is provided. Financial assistance is available. Feel free to send souvenir money for trips. Reservations are taken in the order received. Please call or email to reserve your spot. Space is limited.

- **Orlando Science Center**  
**September 6 | 9 a.m. to 4 p.m.**  
Registration opens at 9 a.m. on August 29.
- **Sea World Orlando\***  
**October 4 | 8 a.m. to 7 p.m.**  
Registration opens at 9 a.m. on September 26  
*\*Due to the high demand of theme park trips, a random drawing will take place after all reservations are received to select participants attending this trip. Lunch is provided. Participants should plan to bring money for snacks/dinner.*
- **Access-Life Expo Ocoee** (boating, fishing, archery, crafts and more)  
**November 15 | 9 a.m. to 4 p.m.**  
Registration opens at 9 a.m. on October 31.

### Bowling

Practice is held every Monday, excluding City holidays, from 3 to 5 p.m. at the Altamonte AMF Lanes. Scores are recorded throughout the year. There is no bowling on September 1, December 22 or December 29. Cost is \$2 per game and includes shoes.

### Nightbird Dances

Themed dances are held one Friday a month from 7 to 9 p.m. at Eastmonte Park. Prizes are awarded for dance contest winners, costume contest winners and birthdays. Drinks and light snacks are provided. Cost is \$2 per participant or \$1 per guest (parent, caregiver, etc.). If you have a group home or a large party, please call in advance to reserve a group table(s).

- **Crazy Hat Dance** | September 12
- **Halloween Masquerade** | October 24
- November dance is canceled.

### Thursday Night Out

"Thursday Night Out" is held on the 3rd and 4th Thursday of each month at Westmonte Park from 7:30 to 8:30 p.m. Programs are designed to allow participants to get together and have fun. Cost is \$1 per person. Light refreshments are provided. RSVP for cooking classes one week prior.

- |                |               |               |               |
|----------------|---------------|---------------|---------------|
| • September 18 | Karaoke       | • October 23  | Cooking Class |
| • September 25 | Cooking Class | • November 20 | Karaoke Night |
| • October 16   | Karaoke       |               |               |

For more information or to register,  
visit [www.ASRecreation.org](http://www.ASRecreation.org) or call (407) 571-8814.

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## **Holiday Gala**

Our Annual Holiday Gala is a special holiday celebration at Eastmonte Park on Friday, December 5 from 6 to 9:30 p.m. Invitations are mailed out to current and active participants. Registration opens at 9 a.m. on November 3. Space is limited.

## **Holiday Light Ride**

Participants meet at Eastmonte Park and take the bus/van to tour local neighborhoods and Cranes Roost Park looking at beautiful light displays. Trips are held on Tuesday, December 16 or Thursday, December 18 from 6 to 8:30 p.m. Cost is \$1 with cookies and hot cocoa provided. Registration opens at 9 a.m. on November 24. Please call or email to reserve your spot. Space is limited.

## **DAY PROGRAMS**

### **Clubhouse: Christmas Craft Session**

Join us at Eastmonte Park on Tuesday, December 16 and Thursday, December 18 from 1:30 to 5:30 p.m. for holiday themed crafts, cookies, caroling and more. (Participants have the option to stay until the Holiday Light Ride at 6 p.m.). Cost is \$10 with pizza dinner provided on both days. Registration opens at 9 a.m. on November 24. Please register online, call or email to reserve your spot. Space is limited. Financial assistance is available.

### **Clubhouse: Winter**

Come enjoy a fun day filled with crafts, field trips, games, guests and more. Cost is \$50 per person. Bring your own lunch. The winter session is held on Wednesdays for eight weeks in January and February at Eastmonte Park from 9 a.m. to 4 p.m. Registration opens at 9 a.m. on December 1. Please register online, call or email to reserve your spot. Space is limited. Financial assistance is available.

## **YOUTH PROGRAMS**

### **Bambino Buddy Ball**

The Buddy Ball Baseball League allows a "buddy" to help the player swing a bat, round the bases, catch a ball, etc. The program is designed for players ages 5 to 20 who are physically and/or mentally challenged. Cost is free. For more info, contact Sarah Reece at (407) 463-2504 or sarah.reece@orhs.org or visit <http://cfbuddyball.baberuthonline.com>.

## **DANCE TRAINING**

### **Belly Dance Recital**

Our Special Needs Belly Dancers, Troupe Moumayaza, and family members will host their 6th annual recital on Friday, October 17 from 7 to 9 p.m. at Eastmonte Park. Come enjoy great performances by our inspirational dancers plus many other local professionals. Cost is \$2 which directly supports our belly dance troupe.

### **Ballroom Dance**

The Orlando Chapter of USA Dance is teaching an 8-week workshop on Sundays at Lake Brantley South Gym beginning October 5. Cost is \$20. Registration opens at 9 a.m. on September 8. Please register online, call or email to reserve your spot. Space is limited. Financial assistance is available.

**Family & Friends Showcase** – Sunday, November 23 from 1:30 to 2:45 p.m. Open to all. Features our special stars, volunteer partners and professional performers.

### **Sparkler's Cheerleading – Season 10 Registration**

The Altamonte Sparklers are an inspirational group of male and female cheerleaders with special needs. Athletes of all ages are accepted. The group prepares for performances, parades, community events and local competitions. Competition Squad practices are on Sundays beginning in October and run through April. Registration for new members opens at 9 a.m. on September 8. Please call or email to reserve your spot. Space is limited. Previous members do not need to register.

**For more information or to register, visit [www.ASRecreation.org](http://www.ASRecreation.org) or call (407) 571-8814.**